

RELAXATION YOGA PRACTICES WITH DIANE

Led by Diane Del Buono, Associate of the Chancellor

Diane Del Buono, Associate of the Chancellor will lead gentle yoga poses where a chair replaces the yoga mat. The chair becomes an extension of your body allowing you to take full advantage of yoga's fitness and health benefits while wearing casual work clothes – no yoga mat is necessary.

March*

7th / Thursday

Orbach Library – Room 240

21st / Wednesday

Orbach Library – Room 240

***All classes will meet from 12:10 – 12:50 p.m.
Wear comfortable work clothes, mat is optional**

To register, please visit the [workshop registration site](#).

Contact:
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